

Class Descriptions

AFEP (Arthritis Foundation Exercise Program) - This class is designed for those who have arthritis and is taught by certified Arthritis Foundation instructors.

Balance & Stability - This class is designed to teach stability, strength, and flexibility to help improve balance and reduce the risk of falling. Suitable for all levels. **(HS)**

Eclectic Blend Yoga - A blend of various yoga styles including Vinyasa, Ashtanga, Iyengar and Restorative yoga.

Feldenkrais (extra fee) - This class is designed to help discover and reprogram how the body moves. Learn how to move your body with grace and ease. New topic every month. Must sign up before the first Tuesday of the month.

Fitness Yoga - Create length, strength and improve balance and flexibility with this total body workout. Experience postures and movements that make up this energy workout.

Gentle Stretch - This class is formatted to use gentle movements to stretch the body and promote flexibility. **(HS)**

Gentle Yoga - Suitable for those new to yoga, with special physical concerns, or who simply wish to move at a slower pace. You will experience yoga postures and stretches, gentle breathing exercises, restorative exercises, and a final relaxation period. **(HS)**

Gravity (extra fee) - Using the GTS System, focus on muscle endurance and strength training exercises for a full-body workout. See handout for descriptions.

Hatha Yoga - This class utilizes the basic postures that work to release tension and stress, promote flexibility and strength, and restore peace of mind. **(HS)**

Iyengar Style Yoga - A style of yoga that emphasizes the precision and purity of each posture. Props such as belts, blocks and blankets are used to aid in the performance of postures.

Kundalini Yoga - This form of yoga focuses on the stimulating and then directing of the body's energy. It integrates breathing techniques with the Hatha style of yoga. It also uses mantra chanting and meditation.

Mat-Based Pilates - This mat class consists of a series of low-impact exercises that help improve muscle control, flexibility & coordination. Pilates exercises are designed to maximize abdominal strength, while toning & increasing flexibility in the rest of the body.

Meditative Yoga - This combination of gentle yoga and breathing techniques melts away tensions and increases emotional balance still the restlessness of your mind and remember the peace that is within in.

Nia - The Mind-Body-Emotion-Spirit workout. Incorporates jazz and modern dance, martial arts and yoga. Done barefoot to a variety of music styles, it delivers a cardiovascular workout adaptable to any fitness level.

Parkinsons - This class will maximize flexibility, posture, and functional mobility in participants with Parkinsons Disease.

Power Yoga - Experience flowing sequences that create a high-heat, high-energy workout while improving strength, flexibility, balance and posture.

Class Descriptions

PreNatal Yoga - A gentle yoga class specifically for expecting moms.

Stretch - This class will stretch muscles and open joints to improve posture, mobility and back health.

Tai Chi - A form of martial arts that can increase agility, flexibility, balance, strength and coordination. **Gentle Tai Chi** is designed specifically for the active older adult. **(HS)**

Tribal Fusion - Classes begin with yoga inspired stretching designed to increase strength and flexibility. Classes will introduce belly dance technique, postural alignment, unique movements, isolations, drills layering, signature combos and stage presence concepts of performing.

Vinyasa Flow - A moderate to challenging class with an emphasis on uniting movement and breath. This class is designed to stretch, strengthen and detoxify the body, while cultivating awareness. The practitioner will be left energized and centered. *Prior yoga experience is recommended.*

YAA - Guided weekly activities for the YMCA Active Adult. Activities will be posted weekly on the YAA bulletin board.

YogaBall® - YogaBall® is a combination of three components: A variety of styles of Yoga, the stability ball, and balance and stability training. The Yoga poses will challenge various areas of the body, the stability ball will aid in strengthening hips, abdominals, back, etc. and the development of the stabilizers that are used in every day activity. **(HS)**

Yoga for Athletes - A flowing series of heat-building asanas designed to build cardiovascular conditioning, improving balance and functional strength, and increase flexibility. Explore how an aerobic practice of yoga can improve performance.

Yoga for Back Health - A specific yoga class that will strengthen and stretch a healthy or previously injured back. **(HS)**

Yoga for Cancer Survivors - This class is specifically for anyone who has survived any type of cancer. Classes will cover mindfulness meditation, progressive relaxation, guided imagery, restorative breathing, and safe and gentle yoga postures.

Yoga Stretch - Explore your flexibility in this stretch class that incorporates yoga postures for maximal benefits. **(HS)**

Class Codes

Classes are coded for level based on difficulty of movements performed. **BEGINNING** classes involve basic postures/movements.

INTERMEDIATE classes are for those who have experience in the class modality.

ADVANCED classes are for experienced practitioners looking for a challenge. **ALL** classes can incorporate the beginner to the advanced practitioners.

(HS) = Health Seeker. Designed for people new or returning to exercise.



Instructors

We offer a team of highly experienced, well-educated YMCA instructors. Each staff person has received specific, extensive training in the discipline they are teaching. All are seeking to share their wealth of knowledge with YMCA members to provide mindful exercise that enhances well being of the mind, body and spirit.

Marguerite Baca

Robin Beltran

Jonathan Button

Jill Carleton

Dinah Cascolan

Henry Cheng

Diane Chome

Sarah Cushman

Kathi Diamant

Jennifer Dyl

Jean DiCarlo-Wagner

Sue Dreier

Kristi Drullard

Laura Ganz-Holtan

Jill Giddings

Sam Goldstein

Cynthia Jemmott

J.R. Lauritano

Claire Maund

Whitney McCannon

Gena Mills

Marilyn Mitchell

Bernadette Morgan

Robert Nations

Lesley Norris

Maryann Nowell

Sünje O'Clancy

Katherine Okita

Dee Osisek

Banoo Partovi

Colette Pisacano

Brandy Proppe

Nancy Roman

Kari Lorraine Scott

Firmen Sowers

Tracey Tanzola

Karen Terra

Erica Tollefson

Pam Toomes

Morrie Touriel

Marguerite Tyrell

Don Wright

For more information, please contact Carolyn Wisdom, Mind/Body Coordinator at 619-298-3576, ext. 2203.



Mind/Body

Hazard Center YMCA

NOVEMBER 1, 2009
through
NOVEMBER 30, 2009

PLEASE NOTE: Hazard Center YMCA is CLOSED Thanksgiving Day (11/26), but will open from 9am-12pm for a special, "Turkey Day" Workout.

MIND/BODY

*Schedule subject to change
Please view our website for the
most updated schedule.*

Hazard Center Facility Hours:

Monday-Thursday5:00 a.m.-9:00 p.m.
Friday5:00 a.m.-8:00 p.m.
Saturday7:00 a.m.-5:00 p.m.
Sunday7:00 a.m.-1:00 p.m.

Kids Place is not available at this location.

Mission Valley YMCA at Hazard Center

7610 Hazard Center Drive #101

619-298-3576, ext. 2202

www.missionvalley.ymca.org

Mind/Body Annex


November 1 - November 31, 2009

MONDAY


TIME	CLASS	ROOM #/LEVEL	INSTRUCTOR
A.M.			
6:00- 7:00	Mat-Based Pilates	2/Int.	Sarah
7:30- 8:45	Hatha Yoga	2/Int.	Marguerite T.
7:30- 8:45	Stretch	3/Beg.	Cynthia
9:00- 10:10	Gentle Yoga*	3/Beg.	Colette
<i>*Space is limited; sign up at front desk required; can call up to 24 hours in advance.</i>			
9:00- 10:15	Eclectic Blend Yoga	2/Int.-Adv.	Dinah
10:30- 11:25	AFEP	3/Beg.	Diane
10:45- 12:00	Yoga for Back Health	2/All	Colette
11:30- 12:30	Parkinsons	3/Beg.	Diane
P.M.			
4:00- 5:00	Meditative Yoga	3/All	Marguerite B.
4:15- 5:25	Stretch	2/Int.	Robin
5:30- 6:45	Power Yoga	3/Adv.	Dinah
5:30- 6:30	Fitness Yoga	2/Int.	Laura H.
6:45- 7:40	Mat-Based Pilates	2/All	Whitney
6:45- 7:45	Stretch	3/Int.	Dinah

**Looking for Gravity classes?
Please pick up a schedule at the Member Service desk.**


TUESDAY

TIME	CLASS	ROOM #/LEVEL	INSTRUCTOR
A.M.			
7:30- 8:30	Tai Chi	2/All	Katherine
8:30- 9:45	Yoga Stretch*	3/Beg.	Banoo
<i>*Space is limited; sign up at front desk required; can call up to 24 hours in advance.</i>			
9:00- 10:15	Hatha Yoga	2/Int.	Sünje
10:00- 11:15	Hatha Yoga	3/Int.	Banoo
10:30- 11:30	PreNatal Yoga	2/All	Sünje
11:45- 12:45	Gentle Tai Chi	2/Beg.	Henry
P.M.			
12:00- 1:00	Mat-Based Pilates	3/Adv.	Don 
1:05- 1:50	Balance and Stability	2/All	Bernadette
4:15- 5:25	Feldenkrais (extra fee)	3/All	Kristi
5:00- 6:10	Yoga for Back Health	2/All	Gena
5:30- 6:40	Kundalini Yoga	3/All	Duke
6:15- 7:15	Mat-Based Pilates	2/All	J.R.
7:20- 8:30	NIA	2/All	Tracey

WEDNESDAY

TIME	CLASS	ROOM #/LEVEL	INSTRUCTOR
A.M.			
6:00- 7:00	Mat-Based Pilates	2/Int.	Sarah
7:30- 8:45	Vinyasa Flow	2/Int.	Marguerite B.
9:00- 10:15	Yoga Stretch	3/All	Jonathan
9:00- 10:15	Gentle Yoga	2/Beg.	Colette
10:15- 11:15	Yoga for Cancer Survivors	3/Beg.	Jean
10:30- 11:25	AFEP	2/Beg.	Kari Lorraine
11:30- 12:30	Parkinsons	3/Beg.	Pam
11:30- 12:45	NIA	2/All	Alisha/Nancy
P.M.			
1:00- 2:30	YAA	2/All	Bernadette 
4:00- 5:00	Mat-Based Pilates	3/All	Jill
4:00- 5:00	Vinyasa Flow	2/Int.	Marguerite B.
5:15- 6:10	Mat-Based Pilates	3/All	Nancy
5:30- 6:45	Hatha Yoga	2/Int.	Gena
6:15- 7:30	Yoga For Athletes	3/All	Morrie
7:00- 8:15	Hatha Yoga	2/All	Brandy

THURSDAY

TIME	CLASS	ROOM #/LEVEL	INSTRUCTOR
A.M.			
7:30- 8:30	Tai Chi	2/All	Robert
8:30- 9:45	Hatha Yoga	3/Beg.	Jean
8:45- 9:55	Eclectic Blend Yoga	2/Int.	Marguerite T.
10:00- 11:15	Eclectic Blend Yoga	3/Int.	Jean
10:15- 11:25	Gentle Yoga	2/Beg.	Colette
11:20- 12:05	YogaBall@ 	3/Beg.	Bernadette
11:45- 12:40	Gentle Tai Chi	2/Beg.	Kathi
P.M.			
12:15- 1:00	Balance & Stability	3/All	Bernadette
12:45- 2:00	NIA	2/All	Sue
3:15- 4:30	Hatha Yoga	2/Int.	Banoo
4:30- 5:25	Tai Chi	3/All	Henry
5:00- 5:55	Mat-Based Pilates	2/Adv.	Don
5:30- 6:40	Kundalini Yoga	3/All	Duke
6:00- 7:15	Eclectic Blend Yoga	2/Adv.	Dinah
7:00- 8:00	Tribal Fusion (extra fee)	3/All	Tracey
7:30- 8:30	Mat-Based Pilates	2/All	Firmen

FRIDAY

TIME	CLASS	ROOM #/LEVEL	INSTRUCTOR
A.M.			
6:00- 7:00	Mat-Based Pilates	2/Int.	Sarah
7:30- 8:45	Vinyasa Flow	2/Int.	Marguerite B.
7:30- 8:45	Stretch	3/Beg.	Cynthia
9:00- 10:15	Iyengar Style Yoga	2/Int.-Adv.	Dinah
9:00- 10:15	Meditative Yoga	3/All	Marguerite B.
10:30- 11:25	AFEP	3/Beg.	Pam
10:40- 11:30	Mat-Based Pilates	2/All	Lesley
11:30- 12:30	Parkinsons	3/Beg.	Pam
P.M.			
12:00- 1:00	Gentle Yoga	2/Beg.	Lesley
4:00- 5:10	NIA	2/All	Sam
5:00- 6:00	Mat-Based Pilates	3/All	Jen
5:15- 6:30	Stretch	2/Int.	Robin
6:45- 7:55	Hatha Yoga	2/Int.	Dee

SATURDAY

TIME	CLASS	ROOM #/LEVEL	INSTRUCTOR
A.M.			
7:45- 9:00	Stretch	2/Int.	Dinah
8:00- 9:00	Mat-Based Pilates	3/Int.	Nancy
9:30- 10:30	Mat-Based Pilates	3/Adv.	Don
9:30- 10:45	Yoga Stretch*	2/Beg.	Banoo
<i>*Space is limited; sign up at front desk required; can call up to 24 hours in advance.</i>			
11:00- 12:15	Hatha Yoga	2/Int.	Banoo
11:00- 12:15	Eclectic Blend Yoga	3/Adv.	Brandy
P.M.			
12:30- 1:45	Kundalini Yoga	2/All	Banoo

SUNDAY

TIME	CLASS	ROOM #/LEVEL	INSTRUCTOR
A.M.			
7:45- 8:55	Eclectic Blend Yoga	2/Beg.	Brandy
7:45- 8:55	Fitness Yoga	3/Int.	Laura H.
9:00- 9:55	Tai Chi	2/All	Henry
9:00- 10:10	Hatha Yoga	3/Int.	Karen
10:00- 11:15	NIA	2/All	Marilyn
10:15- 11:10	Mat-Based Pilates	3/All	Claire
11:15- 12:15	Mat-Based Pilates	3/Int	Claire
P.M.			

**We require members to bring their own yoga/pilates "sticky" mats to classes.
It is inappropriate and unsafe to enter a class that has already started.**